



The Martha Messenger

Community Newsletter of the Martha T.Berry MCF

January, 2009

Volume 2

Wishing You A Happy and Healthy New Year,...2009



Meet The Oldest And Youngest Residents Celebrating A January Birthday

Wallace Kondrack was born in Calumet, Michigan and spent his childhood there. He moved to Hamtramck in order to find employment as a tool and die maker. It is there he met his wife, Mary, to whom he was married for "a long time." Wallace is of Polish descent, is proud of his heritage, and speaks the language fluently. He has always enjoyed sports, especially football which he played as a young man. He has been a hard worker and has had a long life.



Mr. Kondrack enjoys a quiet moment in the Gentlemen's Quarters..

Today he enjoys watching TV, especially sports and a good movie. He enjoys chocolate milk and requests two for every meal. A peanut butter and jelly sandwich is one of his favorite foods and he would love a meal of pierogi and kielbasa. Be sure to greet him with "dzien dobry" should you drop in on him for a visit.

Peggy Kotyk was born in Detroit and lived there as a child. She attended Grant Elementary School and Saint Clement High School. As a young woman she owned a house cleaning service which she proudly called "SPARKLE TIME." Peggy loves all animals, especially cats. Her most loved cat, a pure bred Russian Blue named Spankey, was an anniversary present from her husband, Paul. Next to find a home was the kitten Tupac. Cat three, Pugsley, was found lying in the street. Peggy opened her car door and he jumped into her car and into her heart as well.

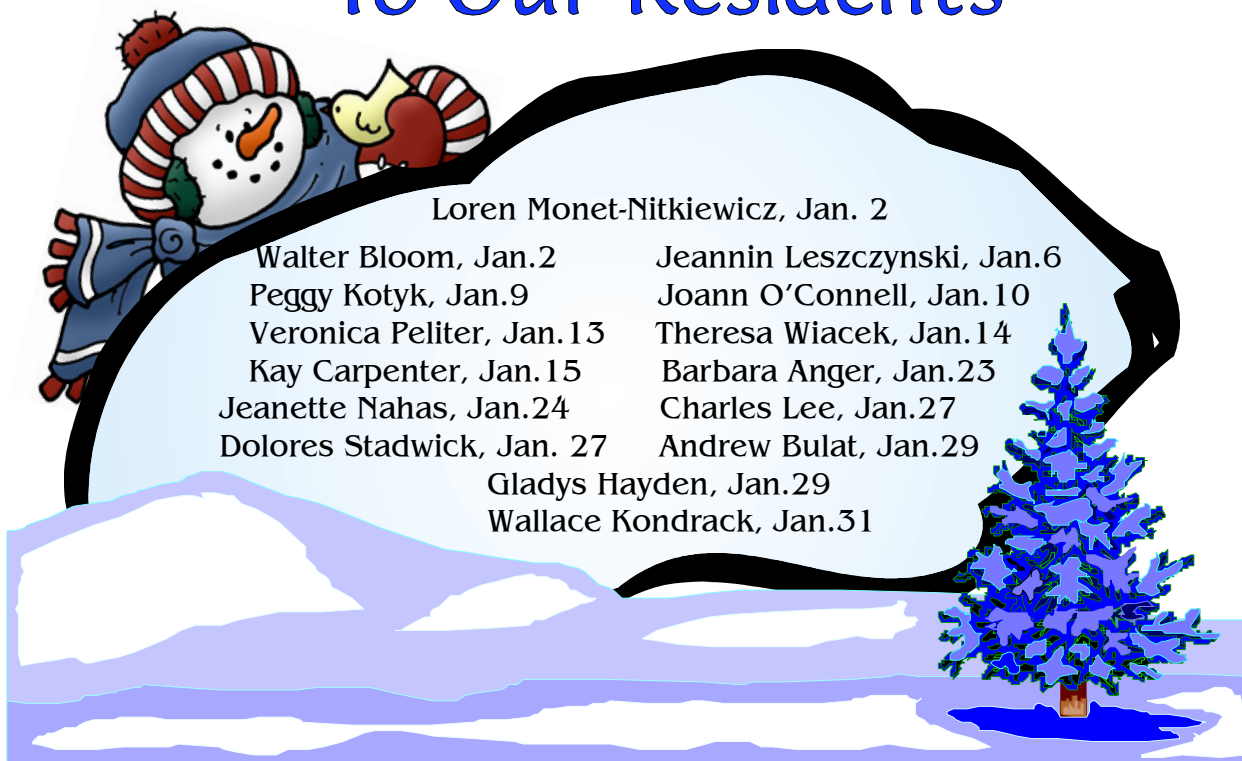


Peggy has always loved cats.

Peggy's greatest wish is that she could have won the lottery and opened a sanctuary for homeless and abandoned pets.

Peggy realizes that she will never realize any of her dreams but she finds comfort in quiet moments, in watching TV, and loves visitors. Visits from her friend Jack and from her son bring joy into her life. She claims that cold weather turns her into a hibernating bear and that all she wants to do is to snuggle under a soft blanket and keep warm.

Wishing A Happy Birthday To Our Residents



January Events

- 1/4/09 Blackberry Creek Dancers @ 2:30pm
1/5/09 Resident Council @ 2:30pm
1/7/09 Birthday Bingo @ 2:30pm
1/10/09 St. Huberts Bingo at 10:30am
1/14/09 Sing-A-Long with Gary Caloia @ 2:30pm
1/27/09 St. John Vianney Bingo @ 7pm





Residents' Corner



The residents have spoken and they say that Charlie Thomas (also known as "Charlie the Carpenter") and Diana Johnson of A and R, have been selected as Employees of the Month. It was not difficult to select either one of these employees since each, not only performs daily assignments to perfection, but also is ready to do so many of the little extras that pop up during the course of a day.

This is what the residents say about Charlie..."He does everything around here." "Charlie helps us with all kinds of things even though he does not have to." "I asked Charlie to put up a picture and he was there before the end of that day. Thank you, Charlie!"

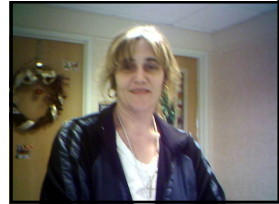
Residents' comments about Diana Johnson also indicate her outstanding service. "Diane is always kind and helpful to us. She makes sure we are picked up for the activities we want to attend." "Diane doesn't make me feel like a child when I ask her for some help." "She will go out of her way to help." "She never complains and she is one sweet lady."

There are many employees at Martha T. Berry from whom to choose so it is certainly an honor to be selected as Employee of the Month. Charlie and Diana daily personify the qualities and characteristics that make them especially appreciated by the residents.

CONGRATULATIONS CHARLIE THOMAS AND DIANA JOHNSON UPON BEING RECOGNIZED FOR YOUR CARE, COMPASSION, AND OUTSTANDING SERVICE TO THE RESIDENTS OF MARTHA T. BERRY MEDICAL CARE FACILITY.



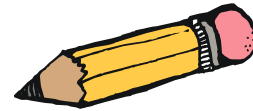
Charlie Thomas



Diana Johnson



Cyndi Says.....



As we ended 2008, many issues at Martha T. Berry remained unresolved. We look forward to the implementation of the Joint Operating Agreement by the Board of Commissioners, by all the unions, and the Board of Social Services. We hope to present the signed copy of the Joint Operating Agreement to the Board of Commissioners in January of 2009.

A sincere thank you to all the staff members who went over and above what is required in work performance and who thus made the holidays more pleasant for our residents. A special thank you is extended to the Special Events Committee for providing an excellent Holiday luncheon for the staff. Sincere thanks to the staff members who gave of their time and helped to make the annual Open House a memorable one. In addition, thanks to the group of elves who decorated the court yard and front entrance area so artfully. To all staff members of MTB, whatever their role in making the wheels of this facility turn smoothly, be it nursing, clerical, social work, maintenance, service providers, or activities, a Happy and Healthy New Year. Together we will continue to strive to provide the outstanding service that our residents need and deserve.



The Editor Wants to Acknowledge...the nursing staff of the 2A Unit for their efforts to save costs by turning off unused lights, TV's, and other appliances. Keep up the good work! We encourage other units to implement this very good practice.



This newsletter is prepared just for you, the residents and staff of Martha T. Berry MCF. If you have any news to submit, please see Rita, the Editor, Email her at EditorRitaMTB@aol.com or call her at 586-465-8529. I hope you enjoy the newsletter and welcome your suggestions to make it better.

Highlights From Our Open House

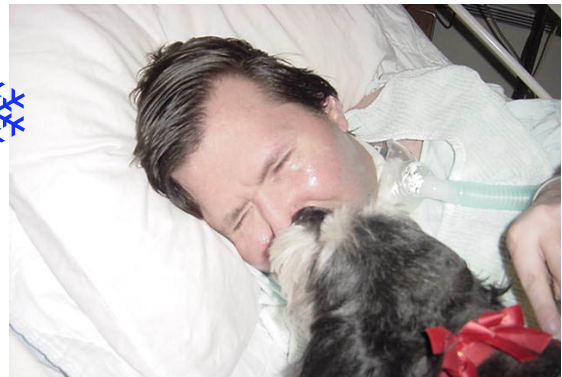
Dorothy Powell and Santa



Dorothy Hill greets Santa with a big smile.



Santa with Megan, granddaughter of Harold Carnahan.



Phillip Timmons is always glad to see Mollie.



Josephine chats with Jennifer Kruger



Diane Johnson wins jewelry prize.



George Friedmann awaits the arrival of Santa Claus



Christine Cronin and Dad arrive on time.



Loren Monet-Nietkiewicz radiates the joy of the season with her happy smile.



Santa greets Robert Weber with a handshake.



Joyce Hanselman and granddaughter meet Santa.



Santa brought Mollie the Therapy Dog to visit with Arnie Brown and his wife Ciele.



Stephen Dudek enjoys the party with family.



Vikki Warren offers a friendly pat while Mary assists.



Cyndi Davis escorts Trooper.



Trooper calls it a night.



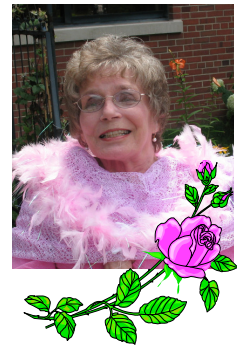
In Memory Of



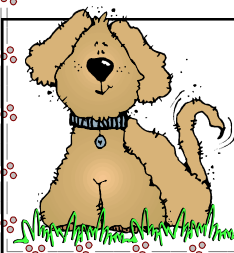
Audrey Richardson Young Jin Kim
Jane Kirk Agnes Hutchinson Payne Wilford

*Sincere Sympathy Is Extended
To Family and Friends*

January Thoughts from Lenore Plawchan, Resident Poet



*January 1st is New Year's Day,
Happy New Year, Everyone!
Hope you celebrated safely and had lots of fun!
Don't forget those resolutions we try to make...
Whatever your resolutions are, more power they will surely take.
January 19 is Martin Luther King Jr. Day
Government offices and many business will be closed
To honor him this day.
January 18 to 23, 2009 is National Professionals Activities Week
Where would we be without our A & R Ladies?
Our Lives would be pretty bleak!
January has always been empty of special days
So maybe you can find good deeds and have fun and special days.*

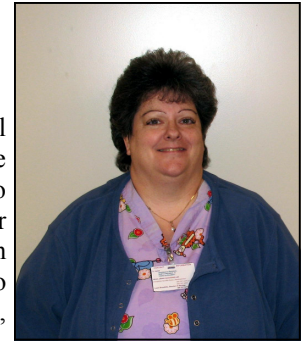


Your Dog Is Welcome to Visit Martha T. Berry

:Pets bring cheer and comfort while visiting and often family members are happy to visit with the pets they have left behind when moving here. However, you must complete some requirements before visiting with your pet. Please stop at the front desk for the form you will need to complete with proof of Rabies immunization plus negative fecal exam results. Thank you for your cooperation and happy visiting.

Food For Thought

If you ever had the opportunity to cook for your family or for even a small group, you realize how hard it is to please everyone. Can you imagine what it is like to cook for the 217 residents of Martha T. Berry? This month's newsletter attempts to give you an understanding of the work carried out daily by the Dietary Staff. Under the direction of Sue Scott, Dietary Manager, the staff composed of food production workers, and food service workers prepares over 540 meals every day. In addition to the regular diet, residents require a variety of special meals including no added salt, carbohydrate control diet, denture soft meals, puréed food, thickened liquids and low cholesterol. Considering the fact that each and every resident has favorite foods and food dislikes to consider and take into account, it is no small task to complete daily meal requirements. Thanks, Dietary Staff and HAT'S OFF TO YOU! You certainly have to fill a tall order.



Sue Scott,
Dietary Manager



Sue does some cake making.



Kim, Freddie and Ileana set up shop.



Byron Sanders at work!



Best Christmas Luncheon Ever

This past December 10th, staff members enjoyed the most wonderful holiday luncheon served at MTB. Thanks to Special Events Committee Members: Sharon Grech, Ron Goss, Lydia Thomas, Kathleen Parzynski and Dolly Rosso. The food was excellent, plentiful, and thoroughly enjoyed. Committee Members, your presentation will be long remembered and appreciated.

T-was the month after Christmas, and all through the house,
Nothing would fit me, not even a blouse;
The cookies I'd nibbled, the eggnog I had to taste,
At the holiday parties had gone to my waist;

When I got on the scale there arose such a number!
When I walked to the store (less a walk than a lumber),
I'd remember the marvelous meals I'd prepared,
The gravies and sauces and beef nicely rare;

The wine and the rum balls; the bread and the cheese,
And the way I'd never said, "No thank you, please."
As I dressed myself in my husband's old shirt,
And prepared once again to do battle with dirt,
said to myself, as only I can,
"You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip.
Get rid of the fruit cake, every cracker and chip.
Every last bit of food that I like must be banished,
til all the additional ounces have vanished.

I won't have a cookie—not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore,
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

Author Unknown
Submitted by Sharon Grech



Some after holiday
advice from Sharon
Gech

Elves At Work

at Martha T. Berry
during the
Holiday Season



Elves Invade Martha T. Berry This Past November

Elves were seen at work all over the facility during the holiday season. The court yard was especially beautiful featuring a lighted train with moving wheels, several lighted deer, multi colored Christmas trees and scores of lights decorating the shrubs and gazebo. Hundreds of colorful lights made the front entrance visible from afar and lit the way for all who came to visit. Helpful elves are otherwise known as Richard Rowe, Dan Renolds, Charlie Thomas, and Michele Gaston together with the Lion's Club of New Haven. It is fortunate that the Newsletter Editor was on hand with a camera and was able to catch some of the elves at work so pictured here are Rich, Dan, and Charlie. However, Michele and the members of the Lion's Club were too fast to be captured and escaped. The decorations added to the warmth and cheer of the holiday season and were enjoyed by all. Thank you, Elves for your creativity and hard work.

This past December has been hailed as one of the "snowiest" in Michigan history. Everyone will recall the big snowstorm shortly after Christmas. As will sometimes happen, the snowplows came through and plowed the snow away but also blocked in the parked cars of MTB employees. Thanks to another Christmas elf, Ron Goss, who stayed after work and single handedly freed the snow bound cars of employees. He made it possible for everyone to drive away easily at the end of the shift. Thanks to Ron for his outstanding act of kindness!



In order to get the newsletter to the printer on time, material for consideration must be submitted to the Editor before the 28th day of the month prior to publication. Late material can not be considered for the newsletter since it takes a great deal of time to get it organized. Thank you so much.